Simply Falling



拍數: 64 牆數: 2 級數: Improver - American Rumba

編舞者: Christina Yang (KOR) - November 2022

音樂: Simply Falling - Iyeoka



** I made it for my workshop on 5, Nov. 2022 **

Start the dance after 32 counts

SECTION 1: RUMBA BOX

Step RF to R, closed LF to RF, Step RF forward, hold and drag LF to RF
 Step LF to L, closed RF to LF, step LF backward, hold and drag RF to LF

SECTION 2: BACKWARD ROCK, RECOVER, FORWARD, 1/2 TURN TO L, BACKWARD ROCK, RECOVER, FORWARD, 1/2 TURN TO R

1-4 Rock RF to backward, recover on LF, step RF forward, 1/2 turn to L(weight on RF)
5-8 Rock LF to backward, recover on RF, step LF forward, 1/2 turn to R(weight on LF)

SECTION 3: BACKWARD ROCK, RECOVER, FORWARD, 1/2 TURN TO L WITH3 TIMES OF WALKS, HOLD

1-4 Rock RF backward, recover on LF, step RF forward, hold

5-8 1/8 turn to L stepping LF forward, 1/8 turn to L stepping RF forward, 1/4 turn to L stepping LF

forward, hold

SECTION 4: 1/2 TURN TO L WITH 3 TIMES OF WALKS, HOLD, SIDE CUCARACHA TO L

1-4 1/8 turn to L stepping RF forward, 1/8 turn to L stepping LF forward, 1/8 turn to L stepping RF

forward, hold

5-8 Rock LF to L side, recover on RF, drag LF to RF, foot change (weight on LF)

SECTION 5: OPEN HIP TWIST, FAN

1-4 Rock RF backward, recover on LF, step RF forward, 1/4 turn to R(weight on RF)

5-6& Step LF forward, step RF forward and 1/2 turn to L

7-8 Step LF backward, hold

SECTION 6: FOOT CHANGE, 2 TIMES OF FORWARD WALKS, HOLD, FENCING

1-4 Foot change(weight on RF), step LF forward, step R forward, hold

5-8 Cross rock LF over RF, recover on RF, step LF to L side strongly, drag RF to LF

SECTION 7: FULL TURN TO R, CROSS ROCK, RECOVER, SIDE, HOLD,

1-4 1/4 turn to R stepping RF forward, 1/4 turn to R closing LF to RF, 1/2 turn to R stepping RF to

side, hold

5-8 Cross rock LF over RF, recover on RF, step LF to side strongly, hold

SECTION 8: BACKWARD ROCK, RECOVER, 1/4 TURN TO L WITH SIDE, HOLD, SWAY L/R/L, DRAG

1-4 Rock RF backward, recover on LF, 1/4 turn to L stepping RF to side, hold

5-8 Sway L / R / L, drag RF to LF

RESTARTS:-

On the wall 2nd, you will dance to 40 counts and start again On the wall 5th, you will dance to 16 counts and start again

CONTACT

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